

**John Chitty, RCST®, BCPP, Registered  
Psychotherapist**

303-443-9847

[info@energyschool.com](mailto:info@energyschool.com)

[www.energyschool.com](http://www.energyschool.com)



Year became RCST: 2001

Year became Approved BCTA/NA Teacher: 2001

Business Name: Colorado School of Energy Studies, Inc.

Primary Location: Boulder, CO

**Biography:** I was born in Sewanee, TN, in 1949. Anna and I married in 1973 and have two children (born in 1977 and 1988). I began Polarity Therapy training in 1979 and studied Craniosacral Biodynamics with Franklyn Sills starting in 1989, finishing the foundation training in 1998. I am the author of *Dancing with Yin & Yang* (2013), *Working with Babies* (2016), *Triune Autonomic Nervous System Wall Chart* (2013), and co-author of *Energy Exercises* (1990, 2018). I have served associations including BCTA/NA (Board of Directors), APTA (five terms as President) and Peter Levine's organization Somatic Experiencing (Board of Directors). My YouTube video channel has had 190,000 views as of July 2018. As of July 2018, Colorado School of Energy Studies has completed 20 foundation trainings, with an average of 20 graduates finishing in each group.

**Teaching Style:** Multi-media, experiential; time is 50-50 between lecture and practical; substantial use of resources including handouts. I attempt to offer information in diverse learning styles so that a wide range of students can be accommodated. I emphasize how mind, emotions and body are always interdependently present in health conditions.

**Foundation Training Program:** In-person only, not online. Ten 5-day modules, Wednesday-Sunday, with about two months between each module.

**Average Class Size:** 26

**Maximum number of students:** 26

**Teaching Staff to Student Ratio:** At least one teacher or Teaching Assistant per 4 or 5 students

**Related/Advanced courses** are offered, such as Polarity Therapy Levels 1 & 2, Polarity Counseling, Working with Babies, Understanding Embryology and Trauma Resolution.

Colorado School of Energy Studies was founded in 1992 and is approved by the State of Colorado, Dept. of Education, Division of Private Occupational Schools and National Certification Board for Therapeutic Massage and Bodywork (NCBTMB).

**Tuition:** \$800 per module; \$8,000 total

Students usually pay per module; tuition is the same if a day is missed; full prepayment discount of 5%; payment plans are allowed; scholarship or work-study is not available.

**Required activities/fees:** The total credit for the course is 700 hours, with 350 being in-class. The out-of-class hours include giving 150 practice sessions, receiving 10 sessions from an approved provider, and independent study following the assignments given between each module.

**Support Materials:** Recommended books cost about \$200, depending on source.